

## Pork

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# Hotdog-Vegetable Bake

Better Homes and Gardens All-Time Favorite Casserole Recipes

### Servings: 6

**MICROWAVE COOKING DIRECTIONS:** Prepare cornmeal batter as listed in conventional oven recipe. In a 2-quart glass casserole, combine remaining 2 tablespoons of oil and the vegetables. Cook, covered, in a microwave until crisp tender, about 4 minutes, stirring once. Stir in soup, the 3/4 cup of milk and mustard; stir in frankfurters.

Cook in microwave, covered, until bubbly, 9 to 10 minutes, stirring three times. Drop spoonfuls of batter in a ring on top of HOT mixture. Cook, uncovered, until topping is done, about 5 minutes.

1/2 cup yellow cornmeal  
1/2 cup all-purpose flour  
1 tablespoon sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 egg, beaten  
1/3 cup milk  
4 tablespoons cooking oil  
1/2 cup carrots, chopped  
1/4 cup onion, chopped  
1/4 cup green pepper, chopped  
1/4 cup celery, chopped  
1 can (11 1/2 oz) condensed bean with bacon soup  
3/4 cup milk  
2 tablespoons prepared mustard  
1 pound frankfurters, sliced

Preheat oven to 425 degrees.

Stir together cornmeal, flour, sugar, baking powder and salt. Combine egg, 1/3 cup milk and two tablespoons of the cooking oil. Add to dry ingredients.

In a saucepan, heat remaining two tablespoons of cooking oil; add vegetables. Cook, covered, for 10 minutes. Blend in soup, the 3/4 cup of milk and mustard; stir in frankfurters. Bring to boiling. Place mixture in a 2-quart casserole. Spoon batter on top of HOT mixture. Bake, uncovered, for 20-25 minutes.

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Per Serving (excluding unknown items): 463 Calories; 34g Fat (66.0% calories from fat); 14g Protein; 26g Carbohydrate; 2g Dietary Fiber; 79mg Cholesterol; 1251mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.